



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 11707, Asparagus, canned, no salt added, solids and liquids**

**Report Date: July 04, 2017 19:30 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can (300 x 407) 411g
<b>Proximates</b>						
Water	g	94.32	186	0.036	115.07	387.66
Energy	kcal	15	--	--	18	62
Energy	kJ	62	--	--	76	255
Protein	g	1.80	158	0.021	2.20	7.40
Total lipid (fat)	g	0.18	142	0.006	0.22	0.74
Ash	g	1.22	5	0.020	1.49	5.01
Carbohydrate, by difference	g	2.48	--	--	3.03	10.19
Fiber, total dietary	g	1.0	--	--	1.2	4.1
Sugars, total	g	1.00	--	--	1.22	4.11
<b>Minerals</b>						
Calcium, Ca	mg	15	166	0.326	18	62
Iron, Fe	mg	0.60	195	0.034	0.73	2.47
Magnesium, Mg	mg	9	143	0.129	11	37
Phosphorus, P	mg	38	153	0.385	46	156
Potassium, K	mg	172	112	3.682	210	707
Sodium, Na	mg	26	6	6.065	32	107
Zinc, Zn	mg	0.47	78	0.009	0.57	1.93
Copper, Cu	mg	0.107	78	0.004	0.131	0.440
Manganese, Mn	mg	0.152	--	--	0.185	0.625
Selenium, Se	µg	1.6	--	--	2.0	6.6
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	16.5	120	0.468	20.1	67.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can (300 x 407) 411g
Thiamin	mg	0.054	138	0.002	0.066	0.222
Riboflavin	mg	0.089	156	0.002	0.109	0.366
Niacin	mg	0.851	153	--	1.038	3.498
Pantothenic acid	mg	0.124	--	--	0.151	0.510
Vitamin B-6	mg	0.098	--	--	0.120	0.403
Folate, total	µg	85	3	10.820	104	349
Folic acid	µg	0	--	--	0	0
Folate, food	µg	85	3	10.820	104	349
Folate, DFE	µg	85	--	--	104	349
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	39	--	--	48	160
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	465	--	--	567	1911
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	776	--	--	947	3189
Lycopene	µg	23	--	--	28	95
Lutein + zeaxanthin	µg	595	--	--	726	2445
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	0.35	1.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	39.0	--	--	47.6	160.3
<b>Lipids</b>						
Fatty acids, total saturated	g	0.041	--	--	0.050	0.169
12:0	g	0.001	--	--	0.001	0.004
14:0	g	0.001	--	--	0.001	0.004
16:0	g	0.037	--	--	0.045	0.152
18:0	g	0.003	--	--	0.004	0.012
Fatty acids, total monounsaturated	g	0.006	--	--	0.007	0.025
16:1 undifferentiated	g	0.001	--	--	0.001	0.004
18:1 undifferentiated	g	0.005	--	--	0.006	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can (300 x 407) 411g
Fatty acids, total polyunsaturated	g	0.079	--	--	0.096	0.325
18:2 undifferentiated	g	0.075	--	--	0.091	0.308
18:3 undifferentiated	g	0.004	--	--	0.005	0.016
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.018	--	--	0.022	0.074
Threonine	g	0.050	--	--	0.061	0.206
Isoleucine	g	0.066	--	--	0.081	0.271
Leucine	g	0.078	--	--	0.095	0.321
Lysine	g	0.085	--	--	0.104	0.349
Methionine	g	0.017	--	--	0.021	0.070
Cystine	g	0.021	--	--	0.026	0.086
Phenylalanine	g	0.043	--	--	0.052	0.177
Tyrosine	g	0.029	--	--	0.035	0.119
Valine	g	0.069	--	--	0.084	0.284
Arginine	g	0.084	--	--	0.102	0.345
Histidine	g	0.028	--	--	0.034	0.115
Alanine	g	0.085	--	--	0.104	0.349
Aspartic acid	g	0.209	--	--	0.255	0.859
Glutamic acid	g	0.295	--	--	0.360	1.212
Glycine	g	0.058	--	--	0.071	0.238
Proline	g	0.096	--	--	0.117	0.395
Serine	g	0.069	--	--	0.084	0.284
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0